

# Pumpkin Bars with Cream Cheese Frosting and Maple Miso Caramel Drizzle

| by Sierra Waters

**Cooking Time:** 30 minutes

**Servings:** 15-20 bars

## Equipment

Metal Baking Pan 9x13

## Ingredients

### Bars

(1) 15 oz can pumpkin puree

3 eggs

½ cup avocado oil

¼ cup plain yogurt

¼ cup unsweetened applesauce

½ cup coconut sugar

¼ cup pure maple syrup

1 ¾ cups Einkorn Flour

2 teaspoons baking powder

1 teaspoon baking soda

3 teaspoons ground cinnamon

Pinch of ground nutmeg

Pinch of ground clove

Pinch of ground allspice

1 teaspoon kosher salt

## **Classic Cream Cheese Frosting**

(2) 8 oz packages of cream cheese, softened at room temperature

6 tablespoons unsalted butter, softened at room temperature

1 cup powdered sugar

2 teaspoons vanilla extract

## **Miso Maple Caramel Sauce**

¼ cup heavy cream

¼ cup pure maple syrup

2 tablespoons unsalted butter

1 tablespoons white miso paste

1 teaspoon vanilla extract

## **Instructions**

1. Preheat the oven to 350 degrees Fahrenheit and grease a 9x13” metal baking pan with butter.
2. In a large mixing bowl whisk together the wet ingredients: pumpkin, eggs, avocado oil, plain yogurt, applesauce, coconut sugar, and maple syrup. Mix until fully combined and smooth. Set aside.
3. In a medium mixing bowl whisk together the dry ingredients: einkorn flour, baking powder, baking soda, spices, and salt. Mix together and set aside.
4. Slowly add the dry ingredients into the large bowl with the pumpkin and other wet ingredients. Using a spatula mix in the flour mixture until just incorporated and no clumps of flour remain. Be careful not to overmix this batter. Set aside for 5 minutes to allow the einkorn flour to absorb the moisture.
5. Pour the batter into the greased pan and spread in an even layer.

6. Bake the bars for 30 minutes, or until slightly golden brown, puffed, and a toothpick or knife inserted into the center comes out clean. Remove from the oven, and allow to cool completely.
7. **Make the Frosting:** While the bars are baking, make the cream cheese frosting. In the bowl of a stand mixer, beat the cream cheese and butter together on high until smooth and creamy. Add vanilla extract and powdered sugar. Mix on low speed first, and increase to high for about 2 minutes until light and fluffy.
8. **Make the maple miso caramel sauce:** In a small saucepan, combine heavy cream, maple syrup, butter, and white miso paste. Place pan over medium-low heat and whisk constantly until butter is melted and miso paste is dissolved into the heavy cream. Allow to slowly simmer over the heat, continuing to whisk to prevent burning for about 3-4 minutes until bubbly and slightly thickened. Immediately take off the heat and mix in the vanilla. Allow to cool. The sauce will continue to thicken off the heat.
9. To serve, spread the frosting on the cooled bars and cut into squares. Drizzle with the maple miso sauce and enjoy! Cover leftovers tightly and store in the fridge for up to 4 days. The caramel sauce can be kept in the fridge for about a week, just warm up slightly to get a better drizzling consistency.

Enjoy!